



**HEADQUARTERS  
CIVIL AIR PATROL VIRGINIA WING  
UNITED STATES AIR FORCE AUXILIARY**  
7401 Airfield Drive  
Richmond, Virginia 23237-2250



Number 04-06

JUNE 2004

**TO: ALL VIRGINIA WING SENIOR MEMBERS AND CADETS  
COMMANDERS PLEASE POST**

**FROM: HQ, VIRGINIA WING, Administrative Assistant, Terry Picha**

**UNIT NEWSLETTER:** It is very important that you share this Newsletter with all Members of your Unit. Please review this material at your unit meeting and post a copy on your Bulletin Board so that it will be available to ALL members. (Members can't participate if you do not tell them about coming events). This Bulletin is posted on the Virginia Wing Website as a PDF document.

**June 2003**

- 3 S U I, Coastal Composite Squadron
- 12-13 CLC Training, VAWG Headquarters
- 13-19 MER Staff College, Raleigh, NC
- 19 Group 3 SARCAP
- 26 Commander's Call for Unit CC's, Group CC's and Wing Staff; all  
Commander's and members are welcome, Wing HQ, Richmond**
- 26 SAREVAL Planning Session**
- 27 Group 5 SARCAP**

**REPORTS DUE: (Required by NHQ &/or Wing CC)**

- 5** Corp. Vehicle Daily Inspection Reports
- 10** VA Wg A/C Utilization Reports due (Including Checks)  
Public Affairs Report

**Cadet Activities June**

- 20-25 Region Cadet Leadership School, Seymour Johnson AFB
- 26-3 VAWG Cadet Encampment

**JULY**

- 6-10 National Cadet Competition, Wright Patterson AFB
- 10 Unit Commanders Course, VAWG HQ
- 17-18 WG SAREVAL, Chesterfield
- 20 S U I, Leesburg
- 16-31 IACE
- 31 Grand Slam, Mt. Empire, VA

**REPORTS DUE: (Required by NHQ &/or Wing CC)**

- 5** - Corp. Vehicle Daily Reports
- 5** Chaplain Report – Semi Annual
- 10** - VA Wg A/C Utilization Reports due (Including Checks)
- 2<sup>nd</sup> Qtr. Safety Report
- 2<sup>nd</sup> Qtr. Public Affairs Report and Monthly Report
- 2<sup>nd</sup> Qtr. Aerospace Education Report

**1. WING COMMANDER --** Senior Members have been authorized to wear the new Silver Air Force nametag on the Service Coat. This change enables our Senior Members to be more closely aligned with their active duty peers. However, with this privilege comes increased responsibility to ensure that we wear

our uniforms properly, and meet the prescribed weight and grooming standards. The new nametag is available from all Air Force Clothing sales stores, and normally takes a week or 10 days to procure. If there is not a Clothing Sales Store near you, you may special order your nametag through CAP Mart.

NOTE: Until the new Silver nametag can be obtained, senior members will wear the currently authorized gray three-line nametag. The mandatory wear date for the new silver Air Force nametag for all senior members is 1 August 2004. The gray nametag will remain authorized on the light blue AF shirt and CAP Aviator shirt.

**2. CHIEF of-STAFF-** I am recruiting for the positions of **Director Counter Drug** and for a person well versed in **writing grant requests**. If you are interested in either of these positions, contact Lt Col Rick Moseley at [cs.va@vawg.cap.gov](mailto:cs.va@vawg.cap.gov).

Also, if you are aware of organizations/foundations that offer grants for educational purposes, working with young people, drug reduction efforts, advance training in first aid, CPR, etc for young people and adults please forward that information to the Admin Assistant, Terry Picha at [admin@vawg.cap.gov](mailto:admin@vawg.cap.gov). Our goal is to develop a lead list of organizations that we can request grants from. We will need name of organization, website, phone, address-whatever information you can provide us.

There will be one Wing Wide Commanders call every quarter at which all wing staff, group commanders and unit commanders will be expected to attend. One of these meetings will be the Wing Conference. The Wing calendar has been amended to reflect these changes. Currently, Commanders Calls are scheduled for: 26 June, September 11 and Nov 6 2004.

### **3. SAFETY**

#### **FATAL VEHICLE ACCIDENT:**

Ford 12 passenger van (property of AZ Wing) with 3 persons on board, towing a 10 foot trailer containing a hot air balloon system. The van was being driven from Arizona to Illinois – the three members were sharing the driving as they attempted to drive straight through to completing the trip. The accident occurred in Missouri after the driver fell asleep. The van left the highway and ultimately went off a steep embankment and rolled over several times. One passenger was ejected from the van and was fatally injured. There is not information available yet as to whether the ejected passenger was wearing a seat belt.

There is additional, related information related to driving while fatigued, e.g. the official estimate is that there are 100,000 vehicle crashes each year that are the direct result of driver fatigue. There is additional information about the signs of driver fatigue and some measures that can be taken to mitigate driver fatigue. Please review the information for all the specifics.

#### **GLIDER ACCIDENT AND CAP SAFETY METRICS:**

By all accounts, including the NTSB database, the accident occurred in Indiana. The article describes the Illinois Wing as investigating. The flight was an instructional flight for the purpose of the glider flight endorsement for the passenger to complete his Tow Pilot qualification. The glider was substantially damaged following a hard landing off-airport, in a plowed field.

The accident was the fourth aircraft accident of FY04, compared with five for all of FY03. Other concerning statistics include three fatalities in FY04 compared with two all of last year, and three serious injuries this year compared with two all of last year.

The better news is that the number of aircraft incidents so far in FY04 is less than half compared with last year; the number of vehicle mishaps so far is one-quarter of last year, and the number of bodily injuries is less than half.

#### **101 CRITICAL DAYS OF SUMMER**

This is the annual focus on the historically accident-filled time period between Memorial Day Weekend and Labor Day weekend. The number and nature of summertime activities, both CAP and personal life, create an increased number of hazards and risk to health and safety, e.g., activities in high heat, water activities, outdoor cooking, danger from insects, etc.

Whether it's for CAP or personal life activities, an Operational Risk Management approach can help identify potential hazards and associated risks so they can be dealt with before injury or sickness result. Please review the article and think about the applications of ORM described.

**4. VIRGINIA WING ANNUAL CONFERENCE** will be held November 5 – 7 2004 at the Wyndham Roanoke Hotel in Roanoke Virginia. There is a conference committee this year working to make this a great weekend. The committee consists of Lt Col Marcia Cramer, Major Chris Whitehead, Capt Chuck Cranford, Capt Christina McCrainie, C/Col Stu Sibert and Lt. Terry Picha. Group 1 is hosting the conference this year and Major Ami Iacono will be our contact in the Roanoke area.

Some ideas we are working on are off site activities for cadets Saturday night, possible music and dancing after conference, spouse activity geared toward husband or wife. Also an area set up to make CAP picture ID cards! If you have ideas you would like addressed, please email them to [admin@vawg.cap.gov](mailto:admin@vawg.cap.gov) and they will be brought before the committee.

The Wyndham Roanoke is a beautiful hotel located close to interstates and the airport. The rooms will be double or kings and are bright and airy. The restaurant is reasonably priced and the food is good. The room rates are Single \$59.0 and Double \$79.00.

This year, the conference has been set up to pay for itself. In past years, the conference has set the Wing back quite a few dollars. With the financial burdens of increased airplane costs and reductions of monies from other sources, the Wing can not absorb the extra costs. Saying this, the cost of the Full Conference is \$75.00, the Dinner Only category \$30.00 and Saturday only is \$45.00. Dinner will be a choice of Chicken Florentine; or Roast Sliced Sirloin of Beef.

Registration forms went out on the Info list, Command list and the Staff list. It is also posted on the Wing Over Virginia Website.

**5. WING NEWS-** The next time you are online at home, log in the National HQ. Pull up your personal record and check all the information. Don't forget to check your area code, phone number, home and email address. Wing Admin cannot change this information for you-you must do it yourself. The information in your record at National is used by the VAWG Paperless website. If it is not correct, you may be missing out.

There's a new web site available to squadron commanders: <http://www.SquadronCommand.com> Its' purpose is to connect commanders in discussions and conversations about building effective units. In a volunteer organization like CAP, this type of resource and communication between members is critical. This site was developed by the Evergreen Cadet Squadron of Colorado Wing. There is a limited amount of material online because the sight is new; however, it is growing even as we speak!

**6. PERSONNEL-** Dues for membership in Civil Air Patrol are Senior Member \$49; Cadet \$39. for Renewal SM \$39 and Cadet \$23.

**7. PUBLIC AFFAIRS OFFICE-** The PAO report is not a quarterly report; it is **monthly** and due on the 10th of each month. **It does not go on the quarterly report form.** Negative reports are required.

**8. CHAPLAIN** - Attention all Chaplains, Moral Leadership Officers and Unit Commanders:

This is to remind you that semi-annual reports regarding chaplain service and moral leadership activities are due to me by 5 July 2004. This report is to cover the period 1 January - 30 June 2004. Let me remind you how this works:

1. CHAPLAINS AND MORAL LEADERSHIP OFFICERS: If you are a Chaplain or Moral Leadership Officer, you are required to report your activities on CAPF 34, even if you have no activity to report. If I do not receive a CAPF 34 from you, I will be calling you. Repeated failure to report could result in the loss of your appointment as a CAP Chaplain or MLO (*read the fine print in CAPR 265-1*).

2. CADET & COMPOSITE UNITS WITH NO CHAPLAIN OR MLO: If you are a unit commander of a Cadet or Composite unit, then you are required to report how you have accomplished the Moral Leadership component of your Cadet Program during this reporting period. Here is how this works:

A) If you do NOT have a Chaplain or MLO (as defined by CAPR 265-1), then please **DO NOT** send me a CAPF 34.

B) If there is any confusion about whether you are a Chaplain or MLO or not, if your listing in the **NHQ CAPWATCH** (not the VAWG Paperless Wing) system does not show you as a Chaplain or Moral Leadership Officer, then you are not one. If you have been appointed by your unit commander to lead Moral Leadership in your unit in the absence of a Chaplain, Moral Leadership Officer or visiting clergy,

then you are simply a senior member instructing this component of the Cadet Program, and you need to proceed to item (C) below.

(C) EMAIL or FAX (757-583-1388) the following information:

- (1) Unit Name/Charter #.
- (2) Unit Commander's name and contact information.
- (3) Number of Moral Leadership Sessions held in the reporting period 1 January - 30 June 2004.
- (4) Name of person(s) who led the Moral Leadership sessions.
- (5) IF THIS PERSON IS VISITING CLERGY, I need FULL contact information on this person.

3. DO NOT SEND YOUR REPORTS TO WING HQ. Please email them directly to me at this email address, or fax to me at 757-583-1388. If you need to send something via surface mail, send it to: 113 W. Ocean Avenue, Norfolk, VA 23503-4315.

4. Note that the reporting deadline is **5 July 04**. Units not complying will be referred to Group Commanders for follow-up. Units still not reporting will be referred to the Wing Commander for appropriate action.

This is the same methodology that we have been using for the last 12 months in VAWG. We've tried to simplify it as much as possible, yet there are always units who do not report this information to us.

Moral Leadership is not an optional part of the Cadet Program. Please help us achieve 100% reporting compliance in this reporting period, especially since it will be examined closely in the upcoming Wing Inspection.

Some closing reminders: If you use visiting clergy, you may only use them for 6 months, and they must be accompanied at all times by the unit commander or a designee. Also, you cannot appoint a Chaplain or MLO on a CAPF 2a--it is a process coordinated through the Wing Chaplain and NHQ CAP/HC. If you have questions about this, consult CAPR 265-1 or contact me.

I look forward to hearing from your units! **Last reporting period we achieved 100% reporting from all units** (even though some units did not have any activity to report). As always, feel free to contact me with questions or for clarification.

**9. CADETS** -. The Experimental Aircraft Association, Inc. (EAA), proudly announces that **MONIQUE (NIKKI) ROMEO of SPRINGFIELD, VA** has been accepted to attend the EAA Basic Air Academy 2004 in Oshkosh, Wisconsin.

The EAA Air Academy offers young people the opportunity to meet and work with aviation professionals, while living and learning the arts, sciences and lore of aviation in both classroom and workshop settings. She will join many other young people, ages 14-15, in this aviation program. Participants in the EAA Air Academy come from around the United States and several foreign countries.

Academy activities will include flight experience, workshops, and classroom study, EAA's Director of Museum & Resident Education, Chuck Larsen, says, "The EAA Air Academy teaches young people new skills and instills a pride of craftsmanship. More importantly, it develops their leadership potential and broadens their understanding of both aviation and themselves. The EAA Air Academy is a benchmark of personal experience and an aviation experience that will last a lifetime". Larsen added that "those who are interested in attending any of EAA's Air Academy Programs, should write to: Experimental Aircraft Association, Inc., Resident Education Office, PO Box 3086, Oshkosh, Wisconsin 54903-3086 Applicants need not be EAA members. The prime consideration is an interest and enthusiasm for aviation."

This is the first call for "CAP 2004 Space Camp & Aviation Challenge. Attend any of the weeklong sessions for only \$649. July 18-23; August 1-6 or Aug 15-20 2004. CAP Cadets will be teamed together? Meet other cadets from around the country. Space is limited, first come first serve. Call 1-800-241-5104 to register or [blakem@spacecamp.com](mailto:blakem@spacecamp.com)

**10. DRUG DEMAND REDUCTION** – The funding authorization for '03-04 DDR monies has been received from National HQ. Of the \$10,221 requested, \$6,201 was approved with a Wing Match of \$3,646. Each squadron that requested DDR Funds is being notified of their approved amount.

The requests for the '04-05 funds must be in VAWG Headquarters by 15 September 2004 to be included in the request to National DDR. Go to the National website, DDR, to download the request form. If you need more information, or help completing the form, email Lt Col Pat Kennedy at [patkennedy@mindspring.com](mailto:patkennedy@mindspring.com) or call VAWG HQ on Monday evening.

**11. EMERGENCY SERVICES** – The highest ES priority now is preparation for the upcoming graded SAR EVAL scheduled for 16-18 July. Primary staff positions have been filled along with most of the staff assistants and supporting staff. Unit commanders should begin now to arrange for custodial aircraft and vans to be on site and prepared to assist in the mission. Although some training will be conducted, the primary focus is on proficient operations. Aircrews for aircraft, ground teams and mission base staff should already hold and be proficient (or nearly so) in their respective specialties.

The Wing calendar has recently been updated to reflect ES events through August. Take a minute to review these events and make any final adjustments to your unit calendars. To this date, the Wing has not received a response to requests for additional funding that would allow us to increase the scope of ES events.

The new CAPR 60-3, partially approved for implementation, requires each wing to conduct a training assessment as part of preparing training plans for FY05. Squadrons and Groups that have specific training needs should identify the needs to their Group Commanders. Some time in early June, Group Commanders should expect to see a formal letter of instruction. The Director of Emergency Services needs feedback not later than 1 July in order to prepare and staff the annual training plan in time to meet the National HQ imposed 31 July deadline.

**12. PROFESSIONAL DEVELOPMENT** - The Wing has scheduled a CLC (Corporate Learning Course) and UCC (Unit Commanders Course) to be held here at Wing Hqtrs. The CLC is scheduled for 12-13 June, 2004 and the UCC is scheduled for 10-11 July, 2004. The course director for the CLC is 1Lt. Terry Picha. The course director for the UCC is Major Joseph Bateman.

All course information/questions should be obtained directly from the Course Director. Individuals interested in assisting the course director should forward a CAPF 17 with appropriate signatures to the director stating the desired subject and/or position they wish to fill.

Student applications for the CLC course should be sent to Wing HQ, ETP

Any questions, please contact the ETP at Wing Hqtrs on Monday evenings from 1900-2100 hrs.

**2004 Unit Commanders Course;**

10-11 Jul 04; VAWG HQ. Student applications for the UCC course can be sent to the ETP office starting 1 May 2004. This course is for all Unit Commanders, Vice Commanders and for anyone who may or will assume a command position within the next year. All unit commanders who did not attend this class last year and all new unit commanders are expected to attend. If you are unable to attend you must personally contact the wing commander, Col Cramer, and explain your situation. If the unit commander cannot attend, the vice commander must represent the unit.

This is to be a two (2) day course. Sign in will begin each morning at 0730 with the first class to begin at 0800 and dismissed each day at 1700.

Students taking this course will not receive a step towards completion of a professional development level. But, in order to receive credit on their capwatch inquiry for attendance, and a certificate of completion, students must attend the entire course.

In the near future, additional information will be provided concerning hotel accommodations in the area. Transportation will be provided to area hotels for those flying in for the weekend. Prior to the class, the actual course schedule will be published.

Please begin notifying me as soon as possible who will be attending from your unit. Priority will be given to current unit commanders and vice commanders. If space is available, we will accept applications from other members of your staff on a first come/first served basis. If you have someone who would like to attend and is not currently serving in a command position, please notify me who that person is and your/their reasons for wanting this person to attend. I need to know the name, grade, CAP ID, unit number of all persons planning on attending. Major J. Bateman [jbateman@cap-group5-vawg.org](mailto:jbateman@cap-group5-vawg.org).

**13. AEROSPACE EDUCATION** - I was very pleased to learn of the great experience gained by Group I and the Danville Squadron during their visit to the Center this weekend. They really deserve credit for making a very long trip to learn about Aerospace while at the same time making a very decided CAP presence at the Museum.

In March the Space Day Foundation contacted the National Headquarters Program Manager, Ms. Claudine Sayegh at Andrews AFB, who in turn called me, for CAP assistance in the Space Day Event. The event was to bring in school children from all over the Washington, D. C. area to learn about

Aerospace and meet with this year's group of NASA astronauts including the newly selected School Teacher Astronaut. Senator John Glenn and other dignitaries were also invited.

In answering my call for help, 2Lt Richard Pleasant, Fredericksburg Squadron; 1Lt Marco Soave; Burke, Squadron and 1Lt John White, Leesburg Squadron responded immediately and during April they recruited the approximately 30 Cadets and Seniors needed to do the mission on May 10th.

Arriving at the Museum at 0800 we found out there was plenty for us to do at workstations helping the school kids in turn doing the Aerospace Education projects. It turned out that the Space Foundation was short of some volunteers and we filled in very nicely. We all had a great time teaching the kids and feeling like we contributed something to Space Day.

The new on-line Yeager Test is a smashing success as I am deluged with the certificates pouring in. What a change over last year when we had less than a dozen. I am getting 20 to 30 requests per month since January. It does create a hardship for Wing Personnel and the Office Manager in trying to print and mail all the certificates but they are cheerfully keeping up with the demand. I am also getting a lot of Form 126's from the AEO's which indicates that Squadron members are working together to learn the material. One Group and several Squadrons are working hard to have all their members complete the Aerospace Education Program for Senior Members. I think this is the first time that this has ever happened.

One of the latest news items coming out of National Headquarters is the restructuring of NCASE formerly called the National Congress on Aviation and Space Education. It will now be called the National *Conference* on Aviation and Space Education. It will not be held in March or April of next year which is the traditional time of the year for this conference but will be moved to October of 2006. The reason for that is the busy schedule teachers have trying to do testing in the early spring. Another reason is for revamping of the *Conference* to provide tools for educators to meet the new needs in teaching the new standards of learning. The new *Conference* will now focus on the new space initiatives and the career opportunities in aviation and space that will be available to the new generation. I attended the first planning meeting on May 10<sup>th</sup> and hope to have a role in choosing the venue here in the Washington, D. C. area.

Volume II of the AEX Program has been produced but will not be mailed to CAP units in June as planned due to budget considerations. I will put out a message on the Wing E-mail Server when we have a firm date. Remember that is now the time to be thinking about the AEX Program for teachers who will start the program in the Fall before CAP Units begin theirs at the first of the year.

I assume most of you have seen the CAP Rocketry Manual and are impressed by it. If you can't obtain one of the limited copies you can download parts or the entire manual from the NHQ AE Web Page. I sure would like to have a model airplane contest for the Wing Conference. The summer months are a good time to work on a static or flying model when it is too hot to do much outside. Please let me know what you think of such an event at the Wing Conference.

A member of the Wing AE Staff would like to pay a visit to your unit this year. This may be in conjunction with a Unit Inspection, I just completed one with Group III personnel, or scheduled individually. Please let Major Bert Jones or myself know when we can schedule something. We will probably need at least a month's notice. Major David C. Scull, VAWG DAE, 7897 Wellington Drive, Warrenton, VA 21086, Ph: 540 349-9310, E-mail: [kd4sv@arri.net](mailto:kd4sv@arri.net). Major Albert L. Jones, VAWG Asst. Director for Internal AE, 370 Westview Lane, Heathsville, VA 22743 Ph: 804 580-5120, E-Mail: [uptheriver@rivnet.net](mailto:uptheriver@rivnet.net).

**14. COMMUNICATIONS** - Virginia Wing has provided all Senior Staff, HF NCS, critical Wing staff and Group commanders with VHF and HF equipment. Additionally all VHF NCS and most IC's have been provided with VHF stations. All airports with permanent CAP presences with mission capability should also have a VHF and HF station. Any squadron with airport presences that needs radio equipment should contact the VAWG DC through their Group Commander. Any IC that does not have a VHF station and needs one issued should contact the VAWG DC. If equipment is unavailable you will be placed on a waiting list.

Remember telephones, cell phones, pagers, and the internet require an infrastructure (telephone lines and power lines) which usually fails in a major disaster caused by hurricanes, terrorist attacks and other disasters. Our radio system is independent of infrastructure. The primary purpose of our radio system is to provide communications under all circumstances. This allows commanders to communicate with each other and to their members. We have regularly scheduled networks to exercise our equipment and insure it is working properly as well as keeping all radio operators proficient.

During last years hurricane our system worked well but only stations with an alternate power source. Virginia Wing has since provided all critical stations with batteries and added batteries to all communications caches. I would encourage all radio stations to acquire either a battery or a generator for these emergencies. Use gel cells which are safe in your home. Do not use batteries with liquid acid in your home.

Group Commanders (or their designated representative if they are unable to set up a station) should use their Group nets to provide weekly updates on the latest information they receive on the HF net and add anything that their Group needs to know. They have the authority to change the net times and assign their net control operators. The VAWG DC should be notified of any changes.

#### VHF-FM NET SCHEDULE

Group 1	Poor Mountain Repeater	Wednesday	1930-2000 Local Time
	Apple Orchard Repeater	Tuesday	2030-2100 Local Time
Group 3	View Tree Repeater	Sunday	2030-2100 Local Time
Group 4	Richmond Repeater	Tuesday	1830-1900 Local Time
Group 5	Langley Repeater	Sunday	1930-2000 Local Time

All Net Control Stations are to provide the Wing DC with quarterly reports of their logs. All those that have CAP owned equipment are required to participate in the regularly scheduled nets. Those with low or no participation as indicated by the logs of the NCS are subject to having the CAP equipment transferred to another station. The following are Virginia Wing HF Net Control Stations:

#### Primary

Col Floyd B. Callahan (Shares (Application made), Generator)

Net Control Station for Sunday 0830 to 0930 and Monday 0730 to 0800 local time.

Jefferson 8

2196 Shallow Well Road

Manakin-Sabot VA 22405

804 749 3256

fbccol@worldnet.att.net

#### Primary Alternate

Lt Col Douglas M. Kabler (Shares, Battery)

Net Control Station for Tuesday 1830 to 1930 and Thursday 1830 to 1930 local time.

Jefferson 189

631 Magnolia Road

Roanoke VA 24019

540 362 8628

kr4xe@yahoo.com

#### Primary Alternate

Maj Allen J. Earnhardt (Battery)

Net Control Station for Monday 0730 to 0800 and Wednesday 0730 to 0800 local time.

Jefferson 48

1041 G. Wash HWY N

Chesapeake VA 23323

757 487 0445

ajeam@juno.com

The Following are Secondary Alternate Net Control Stations. They do not operate a regularly scheduled Virginia Wing net but regularly fill in as needed:

Maj Roy D Davis Jr. (Shares, Battery)  
Jefferson 26  
9315 Lakeland Court  
Richmond VA 23229  
804 741 9351  
[rdd2@verison.net](mailto:rdd2@verison.net)

Capt Mike Portanova (Shares, Generator)  
Jefferson 530  
316 Pasture Land  
Hampton, VA 23669  
757 722 6654  
[mport@cox.net](mailto:mport@cox.net)

Lt Col David S. Friedenborg  
Middle East 34 (Shares, Generator)  
101 Eastlawn Drive  
Hampton VA 23664  
757 850 0493  
[capmerlg@juno.com](mailto:capmerlg@juno.com)

Col Timothy J. Cramer  
Jefferson 1  
6098 Homehills Road  
Mechanicsville, VA 23111  
540-599-6556  
[cc.va@vawg.cap.gov](mailto:cc.va@vawg.cap.gov)

Lt Col Bruce Patterson (Shares, Battery, Generator)  
Jefferson 4  
23 South Berlin Pike  
Lovettsville VA 20180  
540 822 4731  
[dc.va@vawg.cap.gov](mailto:dc.va@vawg.cap.gov)

All of the NCS are very experienced operators. They have excellent stations. They need little or no direction and will provide any needed services in our communications system.

**15. HEALTH SERVICES OFFICE** –With the heat and humidity we have been having in May, this is a repeat from last year, but well worth it.

Heat Stroke:

Heat Stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 degrees F or higher within 10 to 15 minutes. Heat Stroke can cause death or permanent disability if emergency treatment is not provided.

Heat Exhaustion:

Heat Exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Signs of Heat Stroke:

An extremely high body temperature (103 degrees F orally); red, hot, and dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; Nausea; Confusion; and unconsciousness.

Signs of Heat Exhaustion:

Heavy sweating; paleness; muscle cramps; tiredness; weakness; dizziness; headache; nausea or vomiting; and fainting. \*\* The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke.

Seek medical attention immediately if any of the following occurs:

-Symptoms are severe.

-The victim has heart problems or high blood pressure.

What to do for Heat Stroke:

Get the victim to a shady area. COOL THE VICTIM RAPIDLY USING WHATEVER METHODS YOU CAN. Monitor body temperature, and continue cooling efforts until the body temperature drops to 101 to 102 degrees F. If emergency medical personnel are delayed, call the hospital emergency room for further instructions. DO NOT give the victim alcohol to drink. Get medical assistance as soon as possible.

A final note about Heat Stroke -- If you see any of these signs you may be dealing with a life threatening medical emergency. Sometimes a victim's muscles will begin to twitch uncontrollably as a



result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

What to do for Heat Exhaustion:

Assist the victim in cooling off. Cool, non-alcoholic beverages as directed by your physician; rest, cool shower, bath, or sponge bath. Lightweight clothing and an air-conditioned environment will help.

**Stay Safe this Summer,**

## **Newsbreak**

**Fredericksburg Composite Squadron** – On April 26, Cadet Clifton M. Pleasant successfully completed all requirements for the General Carl A. Spaatz Award and was promoted to the grade of Cadet Colonel on April 29<sup>th</sup>. The promotion was made by Capt Tyson Janney with Lt Cols Rick Moseley and Glen Davis pinning on the new grade.

C/Col Pleasant has been in Civil Air Patrol for four and a half years, and has held several squadron leadership roles, including Cadet Commander, and is currently our Leadership and Operations Officer. His chosen specialty has been emergency services, where he has earned qualifications as a Ground Team Member, Ground Team Leader and most recently, Ground Branch Director. He has completed numerous Search and Rescue missions and has several non-distress finds and one distress find. He is also a certified American Red Cross Instructor and VAOEMS First Responder. He is currently the Wing Cadet Advisory Council Chairman, and the Encampment 2004 Cadet Executive Officer.

C/Col Pleasant's personal mission has been to insure that cadets are recognized as being competent, professional and capable of planning and executing the Cadet Program. On this quest he has held himself and all cadets he has worked with, to high standards of military bearing, professional conduct and self-discipline, in order to make them capable of accomplishing those tasks he believes they are capable of.

C/Col Pleasant continues to be a great support to our squadron. We admire his commitment, commend him for his accomplishments and are proud to work with him.

We also recognize that many people have supported Cadet Pleasant (and all Cadets) as they develop and participate in Civil Air Patrol. We thank everyone who gives time and effort to assist in the development of these young adults and we hope everyone will take pride in this and all accomplishments of CAP cadets. With special thanks to –

Our squadron completed our 5th Aerospace Education / Public Relations Activity. This event was held in Dulles, VA at the new Air & Space Museum and was in support of the Annual Space Day Celebration - a national event. Our Cadets and Senior Members manned an Activity table and assisted several hundred Middle School students construct a "hovercraft" from a CD disc, bottle top and balloon. We also provided support to the Wing A/E Officer during his workshop and relieved other volunteers during their break. We also shared the day with several cadets from Leesburg, Burke and Manassas Squadrons.

We had the opportunity to hear and see Senator John Glenn. We met the newest NASA Team - selected only 4 days prior to this event - and had several photo-ops and collected autographs. It was a busy, yet fun filled day. Thank you to Dave Scull and Claudine Sayegh for their assistance and support and for offering this opportunity

**Cadets Attending:** Col Clifton Pleasant, Maj David Dillie, Chief Chris Dillie, MSgt Rebekah Fulton, MSgt David Smith, TSgt Asia Pleasant, TSgt Jason Oergel, A1C Joseph Oergel.

**SM Support:** Valerie Oergel, 2Lt Richard Pleasant

We conducted our 6<sup>th</sup> Aerospace Education / Public Relations Activity at Hugh Mercer Elementary, in conjunction with the Science Museum of Virginia. The CAP exhibit and the make-n-take table were great attractions. We experienced a tremendous electrical storm during this event and we became quite efficient at dismantling the display in the dark. Later, we ventured to Dairy Queen, to prove that "ice cream is quite enjoyable" following such a magnificent display by Mother Nature.

**Cadet's attending:** 2<sup>nd</sup> Lt Julia Reisenwitz, MSgt David Smith, TSgt Jason Oergel, A1C Justin Hanson, A1C Joseph Oergel, Amn Ashleigh Harbeck, Amn Ryan Rodriguez, Amn Sarah Euson, AB Stephen Nicholas.

**SM Support:** Valerie Oergel, 2Lt Richard Pleasant

Our entire squadron attended Red Cross courses on: Introduction to Disaster Services, Mass Care Course and Shelter Operations. Lt Col Glen Davis instructed with C/Col Pleasant, and C/CMSgt Chris Dillie as instructor aide. All attendees successfully completed these certifications and are eligible to participate in the FEMA Training Exercises in June, at Chancellor High School and Prospect Heights Elementary Disaster Shelters.

Encampment Staff members traveled to Ft Pickett for staff training courses, in preparation for Encampment 2004. Polishing their skills in drill, PT, uniforms, bunk maintenance and self-discipline, they prepare for the 170 + cadets who will most certainly enjoy this year's event. Thank you to Capt Jan Gregory for providing transportation to cadets from 5 squadrons for this event.

**Members attending:** Tom Dembowski, C/Col Clifton Pleasant, C/Maj David Dillie, C/1<sup>st</sup> Lt Michael Goosman, C/SSgt Carly Garrett.

We held a combined Air Crew and GSAR training exercise. This event allowed new members of our ground team to obtain their first experiences in air-to-ground comms, and ELT search-and-recovery. As in most operations we noted that - reality is vastly different than classroom training and not all events occur as planned. This in itself proved to be valuable experience for our team members.

**Air Crew Members:** Lt Col Jim Stover, Lt Col Frank Haas, Capt Steve Dunn, Lt Renee Pleasant.

**Ground Team Members:** Lt Col Frank Haas, C/TSgt Asia Pleasant, C/TSgt Jason Oergel, C/SrA Jason Gray.

Beaverdam Elementary School Spring Fling was the location for our 7<sup>th</sup> Aerospace Education / Public Relations event. This was an all day – outdoor event, where we set up our CAP display and assisted hundred of students at our make-n-take table and answered questions on the CAP program. Important lessons learned were - Sunscreen is our friend and ice cream melts fast at 92 degrees.

**Cadet Support:** 1<sup>st</sup> Lt Julia Reisenwitz, MSgt Jason Goosman, A1C Joseph Oergel, Amn Sarah Euson, Amn Ashleigh Harbeck, Amn Cassie Lyons, Amn Ryan Rodriquez, AB Nicholas Stephens.

**SM Support:** SM Valerie Oergel, SpM Jody Oergel, SpM Angela Stephens.

By VIP Invitation from Lt Col Iric Bressler, USMC, a group of 8 members attended the Blue Angels Air show at Annapolis Naval Academy in Maryland. We were granted all the VIP treatment – parking, tent, seats and even shopping. It was a bright, clear and warm afternoon as we witnessed an awesome display of the skills and precision of the Naval Aviators. WOW !!

**Cadets attending:** Maj David Dillie, Chief Chris Dillie, MSgt Rebekah Fulton, TSgt Asia Pleasant, TSgt Jason Oergel, A1C Joseph Oergel.

**SM support:** Lt Renee' Pleasant, SM Valerie Oergel

We are thankful for an eventful and safe month, and we look forward to Glider Flights on May 29<sup>th</sup> and the Falls Church Parade on the 31<sup>st</sup>.

**Langley Composite Squadron** - Kristin Sotomayor was promoted to C/AMN. Cadets Alexander Hudson and Tyler Crockett completed CPPT. C/2Lt D.Clay Carter was awarded a CAP Scholarship. C/2LT James Streams has graduated from West Point Prep School and will be attending West Point in June. On 17 May, Cadet Ryan Douglas was promoted to C/2Lt and presented his Mitchell Award by Maj Joe Bateman, Group 5 Commander.

Capt Charlene Shidisky has been very busy with training of the Honor Guard and preparation for the Honor Guard details and the LAFB Air Show.

1Lt Robert Carey completed the USAF Course on ORM Fundamentals. (Operational risk management)

LtCol Monica Richardson, a Red Cross Instructor conducted 2 classes. On 8 May 5 SM and 2 Cadets from Newport News Sq completed and are certified in First Aid and Blood Borne Pathogens. On 24 May, 12 cadets and 2 SM's from Langley completed, and are now certified in Blood Borne Pathogens.

Thanks too all who helped with the air show at LAFB on 22 and 23 May. Members from 5 Squadrons signed in at the booth. If you worked and did not sign in thank you also! Those from Langley were: Cadets Lucas Smith, D.Clay Carter, Rafael Rodriguez and Darren Watkins. SM's: Capt Charlene Shidisky; 1Lt Jason Smith; TFO Jillian Smith and LtCol Monica Richardson.

The May events, dates and members participating are as follows:

- 1) AFA Gala at the Hampton Air and Space Museum on 14 May; Cadets Chris Gates; Ryan Douglas; Cody Dumont; and Matt Streams.
- 2) Retirement ceremony for AFRCC LtCol at the static display hanger, LAFB on 28 May. Cadets: Matt Streams; Ryan Douglas; Cody Dumont; and Scott Brumley.
- 3) USAF Band in Williamsburg on 28 May. Cadets: Chris Gates; Ryan Douglas; Cody Dumont; and Maria Miller.
- 4) USAF Band in Newport News on 30 May. Cadets Chris Gates; Ryan Douglas; Cody Dumont; and Maria Miller.
- 5) USAF Band in Portsmouth on 31 May. Cadets: Ryan Douglas; Matt Streams; Cody Dumont; and Maria Miller.

**Newport News Composite Squadron** - The roar of the jet engines was nearly deafening as the elite Air Force flying team, The Thunderbirds, screamed past the enthusiastic audience at the 2004 Air Power Over Hampton Roads air show held at Langley Air Force Base. To this wild and enthusiastic crowd, members of Newport News Composite Squadron working with our other Group 5 colleagues, presented the missions and duties of the Civil Air Patrol. NNCS senior members George Bennett, Dennis Faver, Tony Jeter, Pat Parker, Kevin Hedgecock, Fritz Schaller, Helen Woods, and Richard Shultz all enjoyed the great airshow from beneath the wings of Virginia Wing's newest powered bird, N818CP, as they shared their love of the CAP with hundreds of enthusiastic visitors.

As of this writing, members of NNCS have responded to three ELT missions in the month of May. "Rescue" subjects included the USS Baton (yes, we visited the Baton just a few months ago), a private aircraft on the Eastern Shore, and an Aero Club plane at Langley Air Force base. This brings the NNCS mission response total for 2004 up to twenty. Special thanks to NNCS senior members Tony Jeter, Mike Portanova, Jim Byrd, Terry Troyer, George Bennett, Kevin McKinley, and Dave Kausch for their quick response to this month's missions.

NNCS Cadets have been busy as well. NNCS cadet David A. Petkofsky earned the Mitchell Award. Maj. Joe Bateman, the Group 5 Commander presided over the award ceremony with cadets, family, and friends present.

Five additional NNCS cadets have received promotions. They were: C/A1C Shane Bowermaster, C/A1C Christine Arnott, C/A1C Heather Beale, C/A1C David Herman, and C/Amn Coleman Calhoun.

Four NNCS cadets conducted escort duties during the AFA Gala that was held at the Virginia Air and Space Center. The escorting cadets were: C/TSgt Joshua Wingfield, C/A1C David Goodman, C/Amn Stephen Morrone, and C/Amn David Arnold.

Twenty two NNCS cadets attended an evening tour of the NASA Langley 16-Foot Transonic Wind Tunnel. An AIM-9X (Sidewinder) fin model was installed in the test section with research being conducted into an improved fin design for increased stability at higher incidence angles during terminal maneuvers.

Each of the four NNCS cadets selected to participate in the AFA SOLO program have passed the FAA 3rd class medical exam. They are: C/A1C David Goodman, C/Amn Stephen Morrone, C/CMSgt David Petkofsky, and C/TSgt Joshua Wingfield.

Seven NNCS cadets are new signed up for the VA Wing Encampment. They are: C/2Lt Ian Sturdy, C/TSgt Joshua Wingfield, C/AB David Frey, C/AB Kyle Thibodeau, C/Amn Thomas Bullis, C/A1C David Goodman, and C/AB Edison Schroeder.

The NNCS has three new cadets in the month of May. They are: C/AB Monica Tegge, C/AB Chris Tegge, and C/AB Darius Brown.

Cadets C/A1C David Goodman & C/A1C Thomas Byrd responded with two seniors (Troyer & Woods) to the squadron in 25 minutes at 2130L on 20 May to form a UDF team for mission 04M1020. The UDF team was stood down just before departing for LAFB intending to find an ELT on the flight line. Unfortunately the ELT was not silenced as previous LAFB shift personnel had reported, and so later the

same evening a second sortie of 3 seniors (Woods, Bennett, Byrd) departed from NNCS to the same suspected location and silenced an active ELT on N738AN at 0050 hours 21 May.

**Roanoke Composite Squadron** – The following cadets were promoted to their present grades: C/A1C Jedidiah Bennett, Chris Bennett and David Givens; C/SrA Paul Connell; C/SSgt Justin Boitnott; C/Tsgt Wolfgang Chenault; C/MSgt Kasey Bailey and Jared Varney; C/SMGst Katrina Litchford.

Not to be forgotten, 2<sup>nd</sup> Lt Barry Boyd was promoted.

Col Charlie Glass, MER Commander presented the Ira C. Eaker Award to C/Lt Col Patrick Bennett. We are very proud of him.